Winnipeg metro

MONDAY, APRIL 4, 2016

What is your vehicle worth right now?

In different situations, what your vehicle is worth varies greatly.

Most of us use our current vehicle as a down payment towards a new, or new to us, vehicle. With that in mind, you should always start car shopping by arming yourself with the value of your ride. Once you know what your down payment could be, you're ready to start shopping! Here are some insider tips to trade in your ride at the perfect time to maximize value:

1. You can determine your trade-in value by going to www.valuemyride.ca. Powered by Canadian Black Book this site is the easiest and quickest way to determine how much your vehicle is worth on trade. Marketplace sites like Kijiji and Autotrader tell you what people are HOPING to sell their vehicle for. Don't get sucked into thinking the price asked is what is paid.

2. Most recently, the Canadian Dollar, as dismal as it is, has created some positives. Several dealerships purchase vehicles specifically with the intention of shipping and selling to the United States. This means they will pay more for these vehicles. Typically, these vehicles are heavy duty trucks, fully accessorized trucks, SUV's and higher end luxury vehicles. If that is you, it's a great time to see what your vehicle is worth. Who knows, with the incentives offered by many manufacturers, you could find yourself in a new ride at the same or lower payments!

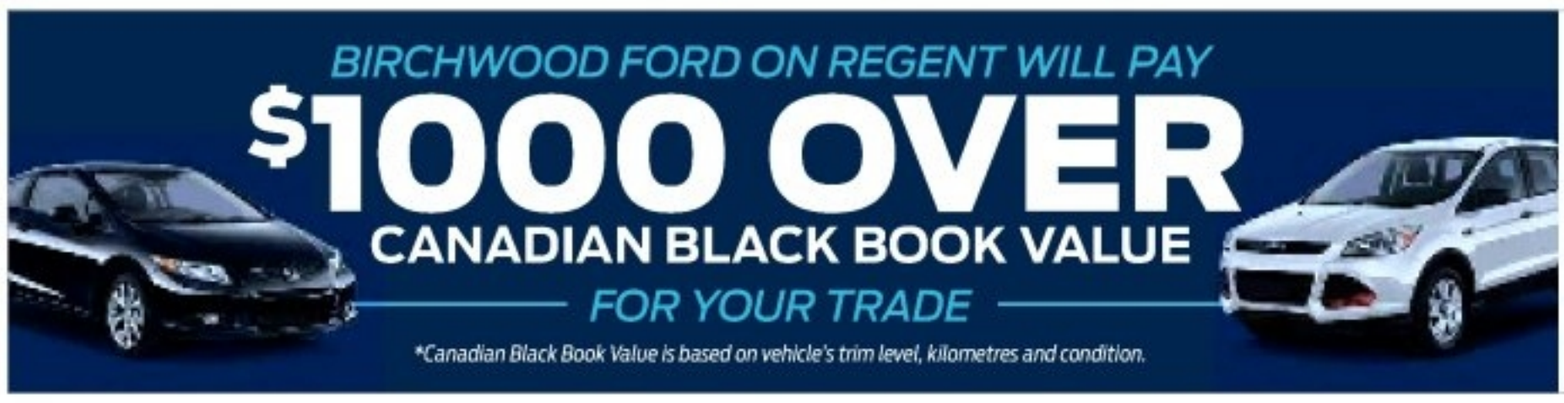
3. How much equity do you have in your car right now? There is a sweetspot and a pitfall to this question. If you have a long term car loan, at some point what you owe will be equal to, or more than what the vehicle is worth. In this scenario your option is to stay in your vehicle until paid, or bite the bullet and try to break even and get into a new vehicle. Those with higher payments and shorter loans, or overpaying on the car loan amount are in an optimal position. Typically very quickly the vehicle is worth more than what you owe. This extra money gives you positive equity to put towards the new vehicle.

4. When is your warranty up? Most of us take all of our service work to dealerships while our vehicle is on warranty. The dealership knows your vehicle history and can offer you a higher amount for your trade. Once your vehicle is off warranty most of us have a sense if the vehicle is going to last long term, and if we love the car enough to continue to drive it long term. Others may have a sense that the vehicle has had repairs covered by warranty and the vehicle is living on borrowed time before the next repair. Up to you, but as a vehicle is coming off warranty is a prime time to ask yourself the question – what's the value of my ride?

Values for all makes, models and years can be found at valuemyride.ca

Vehicle Model Years	Vehicle Make and Model	Average Canadian Black Book Value
2009 - 2011	Ford Explorer	$13,650 - 25,400
2012 - 2014	Toyota Corolla	$11,150 - $12,250
2009 - 2011	Chevrolet Malibu	$8,400 - $10,600
2012 - 2014	Toyota Camry	$16,950 - $22,000
2009 - 2011	Chevrolet Equinox	$11,950 - $15,950
2012 - 2014	Toyota Rav 4	$19,700 - $23,500
2008 - 2012	Ford Escape	$7,800 - $12,300
2012 - 2014	Ford Fiesta	$4,500 - $7,200
2009 - 2011	Chevrolet Silverado	$21,700 - $27,250
2012 - 2014	Toyota Tundra	$36,000 - $39,750
2009 - 2011	Pontiac Torrent/ GMC Terrain	$11, 200 - $15,950
2012 - 2014	Honda Civic	$11,900 - $15,500
2009 - 2011	GMC Acadia	$15,150 - $20,900
2012 - 2014	Honda Accord	$12,200 - $18,650
2009 - 2011	GMC Sierra	$22,150 - $27,800
2012 - 2014	Honda CRV	$16,900 - $21,400
2009 - 2011	Ford Focus	$4,800 - $6,800
2012 - 2014	Honda Pilot	$28,050 - $39,000
2009 - 2011	Ford Fusion	$6,500 - $8,550
2012 - 2014	Nissan Titan	$20,700 - $26,150
2009 - 2011	Chevy Cobalt / Cruze	$5,900 - $9,850
2013 - 2014	Ford Edge	$19,700 - $26,100
2009 - 2011	Ford F150	$27,900 - $34,800
2012 - 2014	Kia Sorrento	$13,200 - $17,600
2009 - 2011	Mazda 3	$7,050 - $9,900

* Values courtesy of www.valuemyride.ca powered by Canadian Blackbook
** Above values are estimates only based on premium model vehicles in excellent condition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MUSIC AWARDS
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metroLIFE

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NEW HOME, LAST HOME GAME

The Jets' Brandon Tanev, just signed from the Providence College Friars, warms up at MTS Centre on Sunday before a game against the Minnesota Wild. See metroSPORTS. TREVOR HAGAN/THE CANADIAN PRESS

Promenade in funding limbo

RIVERBANK PROJECT

Councillor calls on province, feds to step up with dollars

Stephanie Taylor
Metro | Winnipeg

A Winnipeg councillor is calling on the provincial and federal governments to foot the bill on a multimillion-dollar riverbank and sidewalk renovation project in St. Boniface.

Matt Allard says he's "disappointed" that Mayor Brian Bowman and his executive policy committee decided not to ink the $5.7-million Promenade Tache project into the 2016 capital budget, despite a recommendation to do so from the committee on protection, community services and parks.

The project, which Allard says has been in the works for years, would see a pedestrian walkway constructed along the Red River on the St. Boniface side, and would include riverbank stabilization work from the Provencher Bridge to the Norwood Bridge.

"This stabilization works needs to be done," Allard said.

"This is something that has to happen at some point, so why not now when there's $1 million in private sector funding?"

Those funds, however, seem to be slipping away, as the CEO of the Winnipeg Foundation, Richard Frost, recommends the $1 million previously earmarked to build a treetop lookout along a renovated 2.5-kilometre pathway be handed over to another community organization.

"It would be unfair to other community organizations for us to sit on $1 million without any knowledge of whether or not the city will ever make (Promenade Tache) a priority," he said.

The foundation's board will ultimately decide whether to pull the funds.

Allard is now turning his head to political parties vying for provincial leadership on April 19 to cough up the cash, even placing some hope in Ottawa.

"If the federal government wanted to step up that might be enough to bring this project over the finish line if there was another level of government willing to step up with some concrete dollars to bring this project to reality," Allard says.

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Poll shows more than half of Canadians finding it harder to feed their families.

CELEBRATION

Thank you for five years in Winnipeg

If you're reading this, we have you to thank for our success for the past five years.

On April 4, 2011, Metro Winnipeg launched at Portage and Main, bringing a hint of the past with our "newsies" promoter approach to handing out papers and a future model — the free daily newspaper.

"When we launched, we were told there wasn't room for three daily newspapers in Winnipeg," said Managing Editor Elisha Dacey, who has been with Metro from the beginning. "We were told we wouldn't last six months. But people underestimated the city's desire for a fresh, colourful approach — and Winnipeg's reputation for thriftiness."

Metro Winnipeg would like to sincerely thank our upbeat readers, our outstanding advertisers and our community partners for your trust, your readership and your time every day.

Here's to a fun and free future. METRO

Select general patrol officers will be trained in the new weapons, similar to this Daniel Defense patrol rifle. COURTESY DANIEL DEFENSE

POLITICS

Grits back candidate convicted of assault

The Manitoba Liberal Party is standing by a candidate who pleaded guilty to assaulting his common-law wife in 2002.

Court documents show Kurt Berger was given a conditional sentence of two years of probation and underwent counselling for anger management and depression.

"My common-law partner at the time and I got in an argument. It escalated to a point where she had pushed me. I pushed her in return," Berger said Friday. "I felt the situation was getting out of hand, so I ended up calling the RCMP."

Berger and his partner gave differing versions to the police, he said, and he was charged with assault.

Liberal spokesman Mike Brown said Berger was upfront with party officials.

Kurt Berger, 41
COURTESY MANITOBA LIBERAL PARTY

"He had indicated that he'd gone through some counselling and had paid his penance, and we felt that that was a distant enough time," Brown said.

Berger, 41, works in human resources and is carrying the Liberal banner in the Winnipeg Elmwood constituency.
THE CANADIAN PRESS

General officers to be allowed assault rifles

POLICING

Force to spend $200,000 for weapons and attachments

Stephanie Taylor
Metro | Winnipeg

General patrol officers in Winnipeg can soon choose to carry military-style assault rifles.

The Winnipeg Police Service has been given the green light from the police board to purchase a type of semi-automatic weapon known as the Daniel Defense patrol rifle from Wolverine Supplies Ltd.

Supt. Bruce Ormiston cited security reasons for why he wouldn't say how many rifles would be purchased. However, he said it would cost $200,000 to buy the weapons, including attachments.

Deputy Chief Art Stannard told reporters afterward the rifles are not new to the police service but would now be allowed in the hands of general patrol officers.

"If you see what's happening in society right now and you read the paper or see the news everyday, there seems to be a shooting incident somewhere in the world, somewhere in the U.S. and in Canada," he said. "We have to be prepared to handle that."

> **We have to be prepared.**
> Deputy Chief Art Stannard

Ormiston said not all officers would be equipped with the rifles, but those who are would come forward with an expressed interest to undergo extensive training and be "qualified annually" to use the weapon.

Stannard said the rifles would be used during active-shooter or dangerous gun calls and would otherwise be left in an officer's vehicle.

The weapons, he explained, offer members the advantage of distance, useful not only to protect themselves but also to take down threats quicker.

"There might be weeks when we don't use them at all and there might be a week where we use them twice or three times. I'm not too sure. It depends on the incident," Stannard said.

The service encountered a $2.45-million shortfall during 2016 budget deliberations, despite a $16.7-million increase to the service's overall budget.

Hoping for acceptance

LGBTQ

Documentary captures life, experiences of gay Hutterite

Kelly Hofer's story has been recorded in a short documentary film Queer Hutterite. THE CANADIAN PRESS

Kelly Hofer always felt different, but realizing you're gay while growing up on a Hutterite colony in rural Manitoba isn't just unusual — it's almost unheard of.

The 23-year-old photographer's story has been recorded in a short documentary film "Queer Hutterite" which is available on Telus Optik TV on Demand and Telus Optik Local online.

Hofer was about 16 when he realized that he was gay, but even before that he says he always knew he didn't fit in with the other boys on his colony near Wawanesa southeast of Brandon.

"I was always the artist. They were always the boys. I was always the creative one. I didn't really play a lot of sports," Hofer said.

"They would always play hockey and I would be at home either on the computer, playing Legos, creating art or shooting photos."

Hofer said it was lonely.

"There was nobody to tell because you don't know how anyone will react. I didn't know who to trust. There were no other guys that I thought were gay. There was no one to reach out to.

> **The reason I have hope is it's such a compassionate culture.**
> Kelly Hofer

"I saw all my other peers in relationships or being attracted to women and I just never felt that. And because on the colony there's such a strong push to get married — there's always that kind of expectation — it never felt right to me," Hofer said.

"There was a really long period where I was somewhat depressed."

He left the colony when he was 19.

"I realized being at home and being gay were not compatible. I was shunned in that I couldn't come home because I was gay for three years. But in the grand scheme of things I wasn't banned from the culture entirely.

"I'm not going to give up on that. But I also know the culture and it doesn't change in less than 50 years.

"It'll take forever. The reason I have hope is it's such a compassionate culture. I think it should translate in the long run into acceptance for queer culture on the colony."

Laura O'Grady, the Calgary filmmaker responsible for the 15-minute documentary, convinced Hofer to allow her to do the film.

"He's an incredibly articulate young man and I thought it was a unique perspective that I don't think has been heard a lot in the past," she said.

THE CANADIAN PRESS

PROVINCIAL ELECTION

Big issues include film, food

Manitoba politicians are promising help with groceries, movies and roads on the election campaign trail.

Liberal Leader Rana Bokhari said she would build a year-round, fresh-food market in downtown Winnipeg to address a shortage of grocery stores in the area.

Bokhari says the $20-million project could be run with the private sector, but would be a Crown corporation if a partner is not found.

New Democrat Leader Greg Selinger promised to boost the film industry by spending $5 million on upgrades to the Manitoba Production Centre.

Selinger also says he would boost fuel tax rebates to encourage direct flights to New York and Los Angeles.

Progressive Conservative Leader Brian Pallister reiterated his commitment to spend at least $1 billion a year on infrastructure, and promised to work with municipalities to make it easier for them to choose projects.

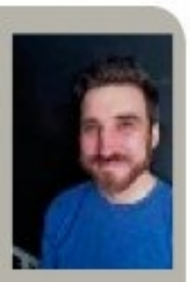
Manitobans go to the polls April 19. THE CANADIAN PRESS

Meet 10 of Manitoba's Future 40

If the entries in this year's instalment of the Future 40 are any indication, Manitoba has a wealth of future leaders. CBC Manitoba and Metro received 137 nominations celebrating our next generation of leaders under the age of 40. Our judges have made the final cut. We'll reveal 10 finalists a day through Thursday.

CBC MANITOBA

John Finkbeiner, 35
Category: Community, Social Activism and Volunteerism



Through his work at the Canadian Mental Health Association Building Futures Program, John helps teens and young adults in CFS care transition to independent living. He connects them to social services and mental health programs, helps find them homes, and helps young mothers stay connected to their kids. He provides a voice for youth in and out of care, he campaigns for change where there are flaws, and has even stood with clients in court.

Fabian Seymour, 40
Category: Sports and Recreation

Fabian has worked in the community of Hollow Water, Man., more than 10 years. He co-ordinates rec programs for all ages and networks with Bissett, Black River, Bloodvein, Sagkeeng First Nations and Powerview-Pine Falls communities. His aims to subdue the rise in youth suicides. Events like the annual Black Island Days celebrations, and various sports leagues such as volleyball, ball hockey and softball, have given local youth and community members hope for the future.

Vanessa Martínez-Lagunas, 34
Category: Sports and Recreation

Vanessa Martínez-Lagunas is head coach of the University of Manitoba Bisons women's soccer team. She hails from Toluca, Mexico, and was a member of the Mexican women's national team. She played professionally in Germany and served as a coach with teams there and in the U.S. In 2013, she became head coach of the U of M women's soccer team helping the team qualify for playoffs this season and achieving the best team record and winning percentage since 2007.

Katie Powell, 28
Category: Community, Social Activism and Volunteerism

Katie Powell is the founder of Save a Dog Network Canada and volunteers with reserves and First Nations communities. She has rescued hundreds of dogs, teaches proper pet care, organizes and provides vet clinics, works with organizations like the Winnipeg Humane Society to provide discounts for sterilization, and begs and pleads to provide hundreds of pounds of pet food and other items for starving animals.

Nikki Komaksiutiksak, 32
Category: Community, Social Activism and Volunteerism

Nikki Komaksiutiksak is an Inuk woman from Chesterfield Inlet, Nun. A mother of four, she works for Manitoba Justice. She is a throat singer, teacher of Inuit history and has represented Manitoba and Inuit at the 1996 Atlanta Olympic Summer Games and the 2015 Indigenous Music Awards in Winnipeg. She has recorded with Canadian talent like the Weakerthans, Demetra Penner and Moses Mayes.

Dr. Marcia Anderson DeCoteau, 38

Category: Teaching and Health Care

Dr. Marcia Anderson DeCoteau is the MD section head of First Nations, Métis and Inuit Health. She is an assistant professor in the Community Health Sciences and Internal Medicine at the University of Manitoba. At 24, she was the youngest aboriginal grad from the Facility of Medicine in Manitoba. She went on to receive her master's degree in public health in 2007.

Lisa Liang, 28
Category: Science and Technology

Lisa Liang is a PhD student at the U of M, where she's trying to uncover the driving force in an aggressive childhood brain tumour, medulloblastoma. Her goal is to find effective and safe therapies. Lisa's work has led to the discovery of a cellular fingerprint that identifies stem cells contributing to medulloblastoma progression. Her current efforts in the lab involve testing a drug that can target these cancer stem cells.

Chris Dell, 29
Category: Business and Entrepreneurship

Chris Dell is the digital journalist behind ChrisD.ca, a Winnipeg news website launched March 2007. His company supports community organizations and initiatives, like Special Olympics Manitoba, Winnipeg Harvest, Manitoba Motorcycle Ride for Dad, United Way of Winnipeg, Red River College's Creative Communications program and a multi-year sponsorship of the University of Manitoba Bisons. He supports of the Winnipeg Chamber of Commerce.

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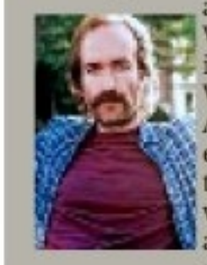
Adam Brooks, 36
Category: Arts, Culture and Entertainment

Adam Brooks is an award-winning artist, filmmaker and founding member of the film collective Astron-6. His feature film The Editor (in which he also starred) was awarded Telefilm's Micro-Budget Production Award, premiered at TIFF, was called "loud, proud and gloriously silly" by the Hollywood Reporter and swept Winnipeg's inaugural Windy Awards earlier this year, winning all five categories in which it was nominated.



Paul Cantin, 35
Category: Science and Technology

Paul Cantin is project leader of the Battery Bus Program, part of the New Product Development department at New Flyer Industries. He leads a team of engineers and designers in the development of zero-emission transit buses. Since 2014, small fleets of electric buses have been operated by Winnipeg Transit and the Chicago Transit Authority in this rollout of game-changing technology that promises to eliminate diesel emissions and greenhouse gases.

Watch these pages all this week for more profiles of smart and successful Future 40 nominees.

Big bucks not a road to victory

EXPENSES

Money doesn't guarantee election results, analysis shows

Money can't buy you votes.

Or so it would seem, according to campaign financial reports filed with Elections Canada by the men and women who were seeking a House of Commons seat in last fall's federal election.

More often than not, the biggest spenders did not win on Oct. 19, an analysis by The Canadian Press indicates.

And while spending big bucks didn't necessarily guarantee victory, not spending enough to at least stay competitive with rival candidates was an almost certain path to defeat, the analysis shows.

Of the top 100 spenders in the election, 57 failed in their election bids, with 12 of those losing to a competitor who also cracked the top 100.

The results among the top 50 spenders were even worse, with about three-fifths of them — 31 candidates in all — running unsuccessfully. Of those, six lost to another candidate in the top 50.

The analysis is based on expenses reported by candidates that counted as part of their legal spending limits. It did not include personal and other expenses — like gas and mileage for a personal vehicle, child care or thank-you receptions for volunteers — which must be reported to Elections Canada but don't count against the spending cap.

The analysis may help explain why the marathon 11-week campaign came down to a battle between the better-resourced Liberals and Conservatives, with the NDP and Greens squeezed out.

On average, Conservative candidates spent $90,665, outpacing the average $71,660 spent by Liberals. The average New Democrat candidate spent just $54,404 while the average Green spent a measly $12,642.

University of Manitoba political scientist Royce Koop said there's no doubt money can help a candidate win, particularly in a close-fought riding.

"If you run a good campaign, well-funded campaign, well-staffed, you're going to be able to get just ahead of your opponent and it turns out Canadian elections are getting more competitive. We're seeing more of these competitive races, so the importance of local campaigns and local spending and local campaign workers has become more important," Koop said.

Candidate spending limits for the 2015 campaign varied from riding to riding, based on geographic size and population — from a high of $279,227 in Kootenay-Columbia to a low of $169,928 in Egmont. Under new election rules imposed by the previous Conservative government, the spending caps for the lengthy campaign were more than twice what they would have been for a more typical five-week federal contest.

That was widely seen as benefiting the Conservatives, whose riding associations across the country had amassed much deeper war chests.

Yet the analysis of the more than 1,500 candidate spending reports filed thus far suggests few took advantage of the increased limits.

Combined, candidates for the Liberals, Conservatives, NDP and Greens — the parties which ran full or nearly full slates in all 338 ridings across the country — were entitled to spend $296 million. Yet their actual spending fell far short: just under $63.1 million in total.

THE CANADIAN PRESS

Prime Minister Justin Trudeau at Liberal party headquarters in Montreal after winning the election. An analysis shows that the biggest spenders did not win on Oct. 19. THE CANADIAN PRESS FILE

90,665

Average expenses, subject to spending limits, by Conservative candidates

71,660

Average expenses, subject to spending limits, by Liberal candidates

54,404

Average expenses, subject to spending limits, by NDP candidates

9.6M

Total amount of personal or other expenses that didn't count as part of the spending limits, reported by Liberal, Conservative, NDP and Green candidates

2.96

Lowest amount expensed by any candidate who filed with Elections Canada by Conrad Lukawski of the Rhinoceros Party in Ottawa Centre

ONLINE

Refugees search for sponsors

Muneer al Zahabi had been in Jordan for nearly three years among over half a million Syrians there crammed into apartments and camps. It was safer than sleeping in the bathtub in their house in Syria for protection from missiles.

They wanted a home in another country. But his family is five of 4.2 million refugees.

So Zahabi took things into his own hands. On the Immigration Department website, he found the list of more than 80 organizations who hold agreements with the government to facilitate the private sponsorship of refugees. And he started emailing them.

Then the Liberals were elected and promised to resettle 25,000 Syrians. Private groups working with the formal sponsorship agreement holders started springing up across the country. So Zahabi looked them up, posting his story on their Facebook pages and directly emailing the websites of others. The response was often similar — disbelief, mistrust. But late last year, something clicked.

Patricia Chartier had helped set up the email address for her Toronto-based sponsorship group. She was shocked by how many letters came directly from Syrians.

Among the emails was Zahabi's. Something drew her in, and she began trying to find someone who would sponsor his family. Zahabi does not want to get his hopes up too high. But at least someone was finally willing to listen, he said, and in Chartier, he now has a Canadian friend.

THE CANADIAN PRESS

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BRUSSELS

Airport rebounds after violent attacks

It was an emotional send-off on Sunday for a Brussels Airlines plane heading to the Portuguese city of Faro — the first passenger flight to take off from Brussels Airport since suicide bombings on March 22 ripped through its check-in counters and killed 16 people.

Airport officials suggested the first flight out was a symbolic victory over those who sowed death and hate, but said it would be months until full service is back.

Security at the airport was tight with new check-in procedures for passengers in temporary structures.

Two other planes were leaving Sunday — Brussels Airlines flights to Athens and Turin, Italy. The three flights were a test run for a European aviation hub that used to handle 600 flights a day and plans to slowly climb back to normal capacity.

Arnaud Feist, the CEO of Brussels Airport Co., said at a Saturday news conference that the three flights were a "sign of hope" following "the darkest days in the history of aviation in Belgium."

On Sunday, he thanked employees for their courage, solidarity and the "impressive work carried out in so little time."

"We are more than an airport ... We are a family more bound together than ever," he said.

Damage was extensive when double suicide bombs exploded near its crowded check-in counters 12 days ago, killing 16 and maiming people from around the world. Another bombing that day on a Brussels subway train killed 16 other people. Both attacks were claimed by Daesh.

Feist said Belgium's biggest airport would gradually climb to 20 per cent of capacity in the coming days, able to process 800 passengers an hour — maximum capacity for the temporary structures. He said Saturday that he hoped full service at the airport could be restored by the end of June or beginning of July, in time for the summer vacation season. THE ASSOCIATED PRESS

DEPORTATION OF MIGRANTS TO BEGIN A Syrian refugee holds a child carrying a placard reading "we ask the EU governments to help us" as refugees and migrants protest on Sunday. An agreement between the European Union and Turkey to deport migrants on Greek islands back to the Turkish mainland takes effect Monday morning. AFP/GETTY IMAGES/THE ASSOCIATED PRESS

Data leaked on offshore accounts

PANAMA PAPERS

Records detail holdings of world leaders and others

An international coalition of media outlets on Sunday published what it said was an extensive investigation into the offshore financial dealings of the rich and famous, based on a vast trove of documents provided by an anonymous source.

The International Consortium of Investigative Journalism, a non-profit organization based in Washington, said the cache of 11.5 million records detailed the offshore holdings of a dozen current and former world leaders, as well as businessmen, criminals, celebrities and sports stars.

The Associated Press wasn't immediately able to verify the allegations made in articles that were published by the more than 100 news organizations around the world involved in the investigation.

However, the German newspaper Sueddeutsche Zeitung, which first received the data more than a year ago, said it was confident the material was genuine.

The Munich-based daily was offered the data through an encrypted channel by an anonymous source, said Bastian Obermayer, a reporter for the paper.

The data concerned internal documents from a Panama-based law firm, Mossack Fonseca. Founded by German-born Juergen Mossack, the firm has offices across the globe and is among the world's biggest creators of shell companies, the newspaper said.

ICIJ said the law firm's leaked internal files contain information on 214,488 offshore entities connected to people in more than 200 countries and territories.

Obermayer said that over the course of several months Sueddeutsche Zeitung received about 2.6 terabytes of data — more than would fit on 600 DVDs.

The newspaper and its partners verified the authenticity of the data by comparing it to public registers, witness testimony and court rulings, he told the AP. A previous cache of Mossack Fonseca documents obtained by German authorities was also used to verify the new material, Obermayer added.

Among the countries with past or present political figures named in the reports are Iceland, Ukraine, Pakistan, Saudi Arabia and Russia.

The ICIJ said the documents included emails, financial spreadsheets, passports and corporate records detailing how powerful figures used banks, law firms and offshore shell companies to hide their assets. The data spanned a time frame of nearly 40 years, from 1977 through the end of 2015, it said. THE ASSOCIATED PRESS

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metro VIEWS
Your essential daily news
Monday, April 4, 2016

ROSEMARY WESTWOOD
ON A SUDDEN VICTORY FOR ABORTION RIGHTS

Last Thursday came the amazing announcement from P.E.I.'s premier that decades of anti-abortion policies in the province were over — a truly stunning about-face for a province that has long tied itself in knots to placate pro-life voices.

In the end, abortion access in P.E.I. came down to the threat of a lawsuit.

For years, the province's Liberal government had been arguing it was doing right by women, offering to pay for them to have elective abortions at one of two pre-approved hospitals in other provinces. Travel and food costs? Not covered. Never mind lost wages or childcare.

In a stance that hadn't changed (no matter the political stripes of the ruling party) since 1988, when the Supreme Court struck down Canada's abortion law, P.E.I. has been governed by the contrarian Resolution 17. It states "life begins at conception, and any policy that permits abortion is unacceptable" (though it does allow abortions when the mother's life is at risk).

The lawsuit, announced in January and viewed by some as a last-ditch effort, claimed that all this violated P.E.I. women's charter rights. It was expected to drag on for years and run up a $100,000 bill.

But then, last Thursday, came the rather amazing announcement from P.E.I.'s premier that decades of anti-abortion policies in the province were over.

Amazing because the last safe, elective, in-province abortion occurred in 1982. Amazing because a decades-long fight ended with a sudden government announcement.

"Based on legal advice that current policies regarding access to in-province abortion services would likely be in violation of the Canadian Charter of Rights and Freedoms, government determined that the most responsible approach is to revise the policy rather than embark on a long and costly court case," Premier Wade MacLauchlan said. In other words: "Uncle." Just like that.

And in the nick of time: The province had until next Friday to respond to the lawsuit's allegations. The premier himself admitted the suit had forced the government's hand. Abortion access could be up and running by the end of the year, he said.

SAYING 'UNCLE' P.E.I. Premier Wade MacLauchlan announced his government will not fight a legal challenge launched by the group Abortion Access Now JOHN MORRIS/THE CANADIAN PRESS

It is a truly stunning about-face for a province that has long tied itself in knots to placate pro-life voices. It did not offer in-province abortions when Health P.E.I.'s own investigation showed such a move would save money, in 2013. It did not agree to in-province abortions when a Washington-based organization offered to ship in doctors to perform them, in 2014. It did not offer in-province abortions when a 2014 research study found the province's system was harmful to women.

But that research would greatly inform the lawsuit. And the lawsuit would break the camel's back.

Colleen MacQuarrie, an associate professor of psychology at the University of Prince Edward Island, was a teenager when the last elective abortion was performed. She remembers "a very rancorous public campaign of shaming women and eradicating access to safe abortions."

Rancorous, and effective.

But while MacQuarrie has been a feminist activist for years, it wasn't until 2010 that she began to focus on abortion in earnest. She created a community-based research project to investigate the impact of P.E.I's abortion policies over the last 20 years.

She had waited until she had tenure, so that she'd be protected from any political blowback in a fight that she by then understood was political at heart.

That year, 2010, the province created Health P.E.I., a single body responsible for all publicly funded health-care services on the island. Decades earlier, individual "therapeutic abortion committees" at various P.E.I. hospitals had been disbanded under pressure from pro-life groups. But Health P.E.I offered a new, single and effective target for abortion-rights activism.

MacQuarrie describes a swell of community support for her research, which spawned Abortion Access Now PEI, the group that brought the lawsuit, with the support of the national women's-rights non-profit Women's Legal Education and Action Fund (LEAF).

Via interviews, including with two dozen women who had sought abortions, the study revealed that women found the system needlessly complicated and "intensely punishing." Some women were blocked outright from getting abortions, "others self-induced through painful procedures at home," according to a summary of the findings.

"The lawyers drew extensively on the work in the community" to build their case, MacQuarrie said. Her research became legal evidence. And that evidence was so convincing that P.E.I. balked at challenging it in court.

Which means, in the end, it came down to women's voices, carefully collected, forcefully broadcast. "More than once they said, 'I've never told anyone and I'm only telling you this now so it will change for the next woman,'" MacQuarrie said.

P.E.I. had "callously compromised women's health for political expediency," MacQuarrie said, showing it didn't "give a care" about the women's experiences and suffering. But the broad-based and rowing abortion-rights activists on P.E.I. had a single, clearly definable goal. They pursued it doggedly.

And while it seems uncanny, on some level, that such a fierce battle could end with such a simple white flag, it is also instructive. You can lose for decades, and then, spectacularly: You win.

In the end, it came down to women's voices, carefully collected, forcefully broadcast.

Catherine McKenna's candid talk on carbon is blunt for a politician

Tim Harper

You can leaf through a calendar and point to a number of spots where a Liberal government seemingly on cruise control is heading for some heavy weather.

You can choose assisted suicide or electoral reform or the future of health care — but if you bet on a national carbon pricing regime and a battle over a pipeline heading east from Alberta as the toughest challenges in the near-term you would probably win a few bucks.

Catherine McKenna, the federal environment minister, made that clear at the just-concluded Broadbent Institute's Progress Summit where she delivered the type of blunt talk one doesn't come to expect from politicians.

She sat on a panel with two other women — and that in itself was both notable and positive. Alberta environment minister Shannon Phillips and Vancouver city councillor Andrea Reimer joined her and they all spoke of collaboration, respectful discussion and "tantrum-free zones" as the way ahead on climate change.

But Phillips reminded the Ottawa crowd that people are hurting in her province, that $10 billion in royalty revenues have disappeared, that good-paying oilpatch jobs are gone, that homes and vehicles are being lost, that domestic violence is rising and charitable donations are down.

McKenna wants to lead the transition to a low-carbon economy, but she is dealing with diverse provincial economies, raw political sensibilities and those in the oilpatch who are not just hurting economically but are starting to believe this Liberal government would just as soon leave the bitumen in the ground and move ahead without them.

"I'm a realist on this. There are a lot of people who have lost jobs in Alberta," McKenna said. "That doesn't mean we destroy our planet, but we need to be thoughtful of how we move forward."

And she also realistically told the audience that there are still many Canadians who don't see climate change as a threat.

The federal government is the regulator and it can impose its carbon will on the provinces, but bringing the federal hammer down is a great way to split the country, McKenna knows.

"If we do something overnight that has a huge, immediate dislocating effect on the economy where tons of people lose jobs, I'm losing everyone. I'm losing them," she said.

And she acknowledged the political dynamite her government is handling.

"I get nervous about the way the conversations sometimes go, that it's east versus west," she said. "There will be hard conversations."

Here's hoping they are also "tantrum-free."

Tim Harper is a national affairs columnist for the Toronto Star.

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Demi Lovato and Caitlyn Jenner win GLAAD Media Awards

When the moment's expected

BIG WINNER

The Weeknd takes home five trophies at Juno Awards

Aaron Chatha
Metro | Calgary

As far as weekends go, the Weeknd had a great one.

The Ontario-born performer, pictured below, took home five Juno Awards, including single of the year and album of the year.

Though he's notoriously media-shy — he didn't even show up at the Saturday night gala where he won his first three awards, and declined to speak to press during the broadcast awards on Sunday — Abel Tesfaye's fans couldn't be silenced.

Waves of applause followed his acceptance speeches and mid-show performance, where he sang a medley of Acquainted and Might Not for the first time on television.

The crowd's enthusiasm was apparent during the night, but especially during newcomer Alessia Cara's performance of her hit single Here. The 19-year-old performed the song amid a tableau of performers set against the tepid house party described in her lyrics.

Cara took home the breakthrough artist of the year award.

Alessia Cara performs at the Juno Awards In Calgary. ALL PHOTOS: CANDICE WARD/FOR METRO

Of the nominees, which included Scott Helman and Francesco Yates, Cara was the most searched name on Google in the past year. Following her win that number increased by eight times. She entered the press room backstage with a nervous energy, laughing off the fact she couldn't hear reporter questions as a marching band decided to play at just that moment.

"I still feel nervous, and I'm so sweaty," she laughed, pointing out this is the first award acceptance speech she's every made.

"It's insane. It doesn't feel like it's real, I was telling my mom, it doesn't feel like it's happening."

It looked like Cara would have to share the limelight though — specifically with Walk Off the Earth, which won group of the year and brought a band member's son onstage.

The little boy, Giorgio, was sporting pink and orange ear buds, presumably because the venue was so loud.

Country album of the year, was presented by rapper Kardinal Offishall and Indian-Canadian comedian Jus Reign, who made light of the fact they knew little about country music.

The award was won by Dean Brody for Gypsy Road. The self-described quiet guy found himself talking quite a bit after accepting his award on stage.

"I think adrenalin has a lot to do with it, your heart's going wha-bum-bum-bum-bum," he laughed. "I don't have a lot to say on any different day."

The award show packed the Scotiabank Saddledome. More than 12,000 tickets were sold.

WINNERS

Many of the awards were handed out at a Junos Gala Saturday night.

- Justin Bieber took pop album of the year for Purpose and Drake won rap recording of the year for If You're Reading This It's Too Late.
- Death from Above 1979 won rock album of the year for The Physical World, the band's first studio release in a decade after breaking up for several years.
- Cree singer/songwriter Buffy Sainte-Marie's latest Power in the Blood claimed two awards for aboriginal album and contemporary roots album of the year.

THE CANADIAN PRESS

Now that Annick is consumer-debt free, will she make good money choices? **Metro's finance guru Lesley-Anne Scorgie** has only a few weeks left to hammer home the financial wisdom she's trying to share with Annick and Yolanda.

Annick crushes consumer debt

LESLEY-ANNE SCORGIE
metromoney

THE CHALLENGE: Annick, 24 and from Calgary and Yolanda, 27 and from Mississauga, have only two weeks left in Metro's 12-week financial Makeover. Financial guru Lesley-Anne Scorgie is helping these women break bad financial habits, eliminate their debt and start saving and investing for the future. Can these young women reach their net worth goals (assets minus liabilities)? Follow us @LesleyScorgie #MetroMoneyMakeover

THIS WEEK: Annick finally gets a financial break. Unlike previous years in which she's had to pay Canada Revenue Agency, after filing her taxes for 2015, she's received a sizable refund.

NEXT WEEK: Yolanda and Annick have overhauled their finances, but has it been enough to steer their financial ships in a better direction? We're going to showcase their money milestones and identify financial pitfalls they'll need to avoid as we conclude the Metro Money Makeover

Annick is all smiles after decimating her consumer debt.
JENNIFER FRIESEN/METRO CALGARY

THE SITUATION

It's almost enough to bring someone to tears — the day they become debt free. Minus her student loan, that happened for Annick late last week!

She's been lugging around thousands of dollars in loans and credit card balances for years due to the high costs of her education, setting up her home here in Canada (she's originally from the Democratic Republic of Congo), a few too many splurges on shoes and concert tickets (Beyoncé being the latest), and dealing with Alberta's rotten economy.

H&R Block's Caroline Battista agreed to meet with Annick about her taxes a few weeks ago and quickly uncovered unused tuition credits from 2012. When combined with her contributions to her group RRSP through work and other applicable tax credits, a refund of $2,780 was issued to Annick. The government immediately clawed back $280 of the refund because of last year's taxes owing. But with the remaining $2,500, Annick hasn't wasted a single moment. She's paid off her credit card balances of $1,675 and other loans totalling $350. This has left her with $475 from which she can apply the one third rule: 1/3 to savings, 1/3 to her student loan and 1/3 to spend how she wishes.

THE LESSON

The moment a person becomes consumer debt-free, their monthly cash flow transforms. In Annick's case, she was ploughing $750 to $900 per month towards her debts and now she can use that money towards other goals such as building a down payment for her first home or eventually returning to school to complete graduate studies in business. Rather than waking up with the weight of financial worry on her chest, she can start dreaming about her future.

The next three months will be critical for Annick. The temptation to spend her newfound cash flow is huge. It's generally the period of time in which a person either reverts back to old, and unhealthy, financial habits, or they learn the lessons permanently and never return.

The unknown for Annick is whether she's suffered enough financial hardship to learn that financial freedom only comes to those who are willing to work for it and to those who don't repeat the same financial mistakes.

$ NET WORTH

Assets	Dec.	April
RRSP	350	1,000
Total Assets		**$1,000**
Liabilities		
Student Loan	58,800	58,200
Visa	1,500	0
MasterCard	650	0
Other Loans	1,600	0
Taxes	250	0
Total Liabilities		**($58,200)**
Net worth		**($57,200)**

LESLEY-ANNE SCORGIE IS A BESTSELLING AUTHOR AND FOUNDER OF MEVEST, A MONEY COACHING SERVICE FOR CANADIANS. FOLLOW HER @LESLEYSCORGIE

There are hidden costs to home ownership

PROS AND CONS

Dispelling the myth that renters are wasting money

Gail Vaz-Oxlade
For Metro Life

Home ownership may have been sold as the Canadian dream, but it's not for everyone.

So how do you know if ownership is the thing for you or if renting will serve your needs the best? First, have you got the cash flow to make home ownership work?

When people say that home ownership costs the same as renting they're talking out their hats.

I live in a fully-paid-for home and it cost me $1,400 a month to carry my house in 2015.

There are property taxes, insurance, utilities and maintenance. Ah, maintenance, the part of the equation everyone wants to sweep under the rug. But if you do, you shouldn't be surprised when your most expensive indulgence comes tumbling down around your ears.

Do the math:

1. Figure out what you'd likely spend to buy a place of your own.
2. Calculate the mortgage payment.
3. Add in the property taxes (monthly, you can estimate $400), utilities (need an estimate? Try $250/mo.), property insurance (I pay about $120/month) and maintenance (estimate $400/month for now, it probably needs to be more, but that's a start). That's what it'll cost you to carry your new home.
4. Subtract the rent you're currently paying and put the difference into a high-interest savings account every single month.

If you can do that without missing a step — and that means not using your credit card or line of credit or overdraft protection to fill the gap — then you're ready to start planning for home ownership.

If not, keep renting. Next, think about whether you want to put down roots or like being able to pick up and go when the opportunity arises. Is relocating for work a thing you'd consider? If so, the costs of buying and selling may be prohibitive.

The sales commission, closing costs, legal fees and land transfer taxes can wipe out any equity you've built up, assuming the market has been going up in your area.

And if the market has taken a turn for the worse just when you're pulling up roots, you'll have to swallow the loss.

It's time to stop thinking that people who don't have home ownership as a goal are lacking in ambition, unmotivated, or lower than the belly of a snake. Sure, home ownership works for some people. For others, it doesn't, plain and simple.

For more money advice, visit Gail's website at gailvazoxlade.com

metro SPORT

North Carolina will look for its sixth NCAA title when the Tar Heels meet the Villanova Wildcats, trying for their second, on Monday night

Strong start in St. Pete

OPENING DAY

Stroman goes eight strong as Blue Jays get victory No. 1

SUNDAY At Tampa Bay

5	3
JAYS	RAYS

Marcus Stroman outpitched Chris Archer in his first opening day start, helping the Toronto Blue Jays begin defence of their first AL East title in 22 years with a 5-3 victory over the Tampa Bay Rays on Sunday.

Stroman allowed three runs and six hits over eight-plus innings for the Blue Jays, who won 93 games in 2015 before making a run to the AL Championship Series in their first playoff appearance since 1993.

Troy Tulowitzki hit the first home run of the 2016 MLB season, a two-run shot for Toronto. Edwin Encarnacion had two hits and drove in two runs after not having an at-bat in a major league exhibition all spring training because of injuries.

The Blue Jays, the highest-scoring team in the majors last year, struck quickly on Encarnacion's two-run single in the first.

Archer struck out a Rays opening-day record 12 in five innings. But Encarnacion got him early and Kevin Pillar added an RBI single in the fourth.

The right-hander limited the Blue Jays to five hits, but walked three during a 107-pitch outing.

Evan Longoria had two hits and drove in Tampa Bay's first run with a third-inning single. Off-season acquisition Corey Dickerson added a solo homer off Stroman leading off the ninth and Kevin Kiermaier drove in the final run charged to the starter with a bloop single off Roberto Osuna.

Osuna got the last three outs for the save.

At 24 years, 338 days old, Stroman became the third-youngest pitcher to make an opening day start for the Blue Jays. He earned the assignment after making just four starts, going 4-0 with a 1.67 ERA, in 2015, when he missed most of the season after undergoing surgery on his left knee during spring training.

Knuckleballer R.A. Dickey starts the second game of a four-game series Monday. He was 11-11 with a 3.91 ERA in 2015.

Lefty Drew Smyly, 5-2 with, 3.11 ERA in 12 starts last season, starts Monday. He's 1-0 with a 1.10 ERA in five career appearances, including two starts, against Toronto.

THE ASSOCIATED PRESS

Marcus Stroman GETTY IMAGES

Troy Tulowitzki hit his first home run of the season in Sunday's season opener in St. Petersburg, Fla. BRIAN BLANCO/GETTY IMAGES

IN BRIEF

Left-hander Liriano lifts Pirates with arm and bat

Francisco Liriano tied a Pirates opening day record by striking out 10 and singled home the first run of the season for good measure, sending Pittsburgh past the St. Louis Cardinals 4-1 on Sunday.

Liriano allowed just three hits and walked five in six shutout innings.

THE ASSOCIATED PRESS

Francisco Liriano GETTY IMAGES

Keuchel returns to Bronx after wild-card gem

When Dallas Keuchel last took the mound at Yankee Stadium, he pitched six scoreless innings on short rest to lead the Houston Astros over New York and ace Masahiro Tanaka in the AL wild-card game.

The AL Cy Young Award winner returns Monday for a rematch as New York hosts Houston on Opening Day.

"It's fitting coming off the wild-card game. It's a similar matchup from the last time we played there," Houston manager A.J. Hinch said. "The magnitude of playing the New York Yankees on Opening Day should be pretty fun for these guys."

THE ASSOCIATED PRESS

NHL

Sharp Scheifele helps Jets sign off in style

Mark Scheifele scored his team-leading 27th goal of the season as the Winnipeg Jets gave their fans something to cheer about on Sunday with a 5-1 victory over the Minnesota Wild in their last home game of the season.

Fans gave the playoff-less team a standing ovation with shouts of "Go Jets Go" during the final minute of the game at MTS Centre and the players raised their sticks to the crowd after the final buzzer.

Chris Thorburn ended a 47-game goal-scoring drought for Winnipeg (32-39-8) with his sixth goal of the season. Rookie

SUNDAY At MTS Centre

5	1
JETS	WILD

Andrew Copp, Drew Stafford and Blake Wheeler, with an empty-netter, also scored.

Wild centre Mikael Granlund scored his 13th goal of the season, with Mikko Koivu picking up an assist to give him 10 points in his last 10 games, including two goals.

The Jets finish with an 18-19-4 home record and wrap up their season on a three-game road trip with stops in Anaheim, San Jose and Los Angeles.

Scheifele's goal extended his point streak to seven games, with four goals and 10 points during that span.

He recorded Winnipeg's first power-play goal in 11 games at 17:55 of the first period with Wild forward Nino Niederreiter in the penalty box for hooking.

Nikolaj Ehlers received a pass from Alexander Burmistrov at the bottom of the face-off circle and then sent the puck across the front to the net to Scheifele, who fired it just inside the post.

Thorburn's first goal since Dec. 15 came on a breakaway after a Wild pass hit the stick of Jet Matt Halischuk and slid up to Thorburn, who beat Devan Dubnyk low on the blocker side. Granlund made it 2-1 with his goal at 7:37 of the third, but Copp replied at 9:03.

Stafford notched his 21st goal of the season at 12:55 on the power play, while Wheeler's empty-netter at 17:16 for his 23rd of the season boosted his point streak to eight games with 11 points. THE CANADIAN PRESS

Winnipeg Jets' Mark Stuart takes down Minnesota Wild's Jordan Schroeder during the first period at the MTS Centre Sunday. TREVOR HAGAN/THE CANADIAN PRESS

Kevin Koe looks over the shoulder of Denmark's Rasmus Stjerne on Sunday. GEORGIOS KEFALAS/KEYSTONE VIA THE ASSOCIATED PRESS

Canada unbeaten after 1st weekend at worlds

CURLING

Calgary's Koe sits 3-0 after opening weekend

It was a perfect weekend in the standings for Canada at the men's world curling championship, even it wasn't always perfection on the ice.

Canada improved to 3-0 with a 10-9 win over the United States in the late draw at the St. Jakobshalle arena in Basel, Switzerland. It was Canada's second extra-end win of the day, as Kevin Koe and his Calgary rink put themselves in situations where they had to make tough, high pressure shots to win.

Earlier, Canada fought back for an 11-8 extra-end win over Denmark that required a tough takeout on Koe's last rock.

"It's hard for us. We're just so used to making so many shots, and we're missing shots here by 20 feet, easy," Koe said. "It's tough to get draw weight out here.

"But you know what? It's the same for both teams. The sheets will get worked in and more consistent as the week goes on. We got lucky today, but we're 3-and-0."

Canada escaped the weekend tied atop the round-robin standings with defending champion Sweden. Niklas Edin's rink improved to 3-0 with an 8-4 win over Germany.

In other scores from the tournament's fifth draw, Japan beat Switzerland 9-6 and Denmark downed Finland 9-2.

Japan and Denmark moved into a five-way tie for fifth at 2-1 with Norway, Russia and Scotland.

Canada was almost part of that logjam when American skip John Shuster made an impressive runback double takeout to score three in the ninth end and take a 9-7 lead.

But Koe, backed up by third Marc Kennedy, second Brent Laing and lead Ben Hebert, hit for a deuce in the 10th end to force the extra frame.

Canada caught a massive break in the 11th end when U.S. third Tyler George's peel attempt on a Canadian guard jammed, and left the Canadians sitting one rock in the four-foot ring.

Shuster attempted a double takeout for the win, but was wide.

In the afternoon draw, Canada fell behind Denmark early when Rasmus Stjerne made a marvellous double-takeout in the second end to score three. After holding Canada to a single in the fourth, the Danes took advantage of a Koe miss in the fifth to steal one and take a 5-2 lead at the intermission.

Canada rebounded with two in the sixth and a key steal of two in the seventh en route to

"We escaped a little today, but we're 3-and-0, I know this team," Koe said. "I know we're going to get better.... I think we're in a great spot."

THE CANADIAN PRESS

PREMIER LEAGUE

Leicester basking early in title glow

After a fourth successive 1-0 victory sent Leicester into a seven-point lead, some giddy fans started to unfurl Premier League "champions" scarves in the King Power Stadium.

Although there are still six games remaining after Sunday's gritty win over Southampton, celebrations are already underway in this unassuming central England town.

When you've experienced the roller-coaster of emotions endured by followers of Leicester, it is little wonder they can't wait for the unlikeliest of Premier League title parties next month.

Wes Morgan scored for Leicester GETTY IMAGES

Exactly a year ago, Leicester was braced for relegation while stranded seven points from safety at the bottom of the Premier League.

THE ASSOCIATED PRESS

IN BRIEF

Busch ends win drought

Kyle Busch pulled away on a restart with 11 laps to go and outran AJ Allmendinger to the finish for his first NASCAR Sprint Cup Series victory at Martinsville Speedway, and a sweep of the two-race weekend.

Busch, who won for the first time in 31 starts at Martinsville in a truck race on the 0.526-mile oval on Saturday, dominated in the premier division in cool temperatures that never let the track get as sticky as usual. THE ASSOCIATED PRESS

Rosberg keeps rolling on

Mercedes driver Nico Rosberg became the eighth man in Formula One history to win five consecutive races with victory at the Bahrain Grand Prix Sunday, and will now aim to do what the other seven did: capture the championship title.

Rosberg made it back-to-back wins to start the new season, and five in a row dating to 2015, capitalizing on an early collision involving Lewis Hamilton and an engine failure for Sebastian Vettel. THE ASSOCIATED PRESS

GOLF

Herman Masterful in Houston victory

Jim Herman delivered a major performance at just the right time Sunday in the Shell Houston Open.

Herman, winless in 105 previous starts on the PGA Tour, chipped in for birdie on the par-3 16th and finished with two solid pars for a 4-under 68 and a one-shot victory that sends him to the Masters for the first time in his career.

Herman tapped in for par and thrust both fists in the air after his one-shot victory over Sweden's Henrik Stenson.

"Sorry for the tears, but I'm pretty happy," Herman said. "We really did a good job keeping our game plan.... And geez, look what happened. Never thought it was possible."

The Houston Open was the final opportunity for players to get into the Masters, and Herman seemed like a long shot at No. 191 in the world whose only professional victory was six years ago at the Moonah Classic in Australia. THE ASSOCIATED PRESS

"No hard feelings, but I deserve better."
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INDUSTRY FUNDING RECYCLING

RECIPE Thai chicken curry

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

If you can get your hands on fish sauce, it really does make a difference in the depth of flavour in this (and many other) creamy, not-too-spicy curry.

Ready in
Prep time: 5 minutes
Cook time: 30 minutes

Ingredients
- 3 Tbsp vegetable or coconut oil
- 3 Tbsp curry paste
- Pinch ground cumin and ground coriander
- 1 1/2 cups (350 ml) coconut milk
- 1 1/2 lb (750g) chicken thighs or breasts, cut into chunks
- 2 Tbsp sugar
- 2 Tbsp fish sauce
- 1 Tbsp lime leaves (optional)
- 2 Tbsp peanut butter
- Pinch salt
- Fresh coriander, chopped
- Lime wedges, to serve

Directions

1. Heat the oil in a large frying pan. Fry the curry paste and spices for a couple of minutes

2. Add 1/3 of the coconut milk and reduce the heat. Add the chicken and stir until the spices and milk combine.

3. Add the remaining coconut milk then stir in the sugar, fish sauce and lime leaves. Bring the sauce to the boil, simmer for a few minutes then add the peanut butter and salt.

4. Simmer for 20 minutes. Garnish with the chopped coriander and serve with the lime wedges.

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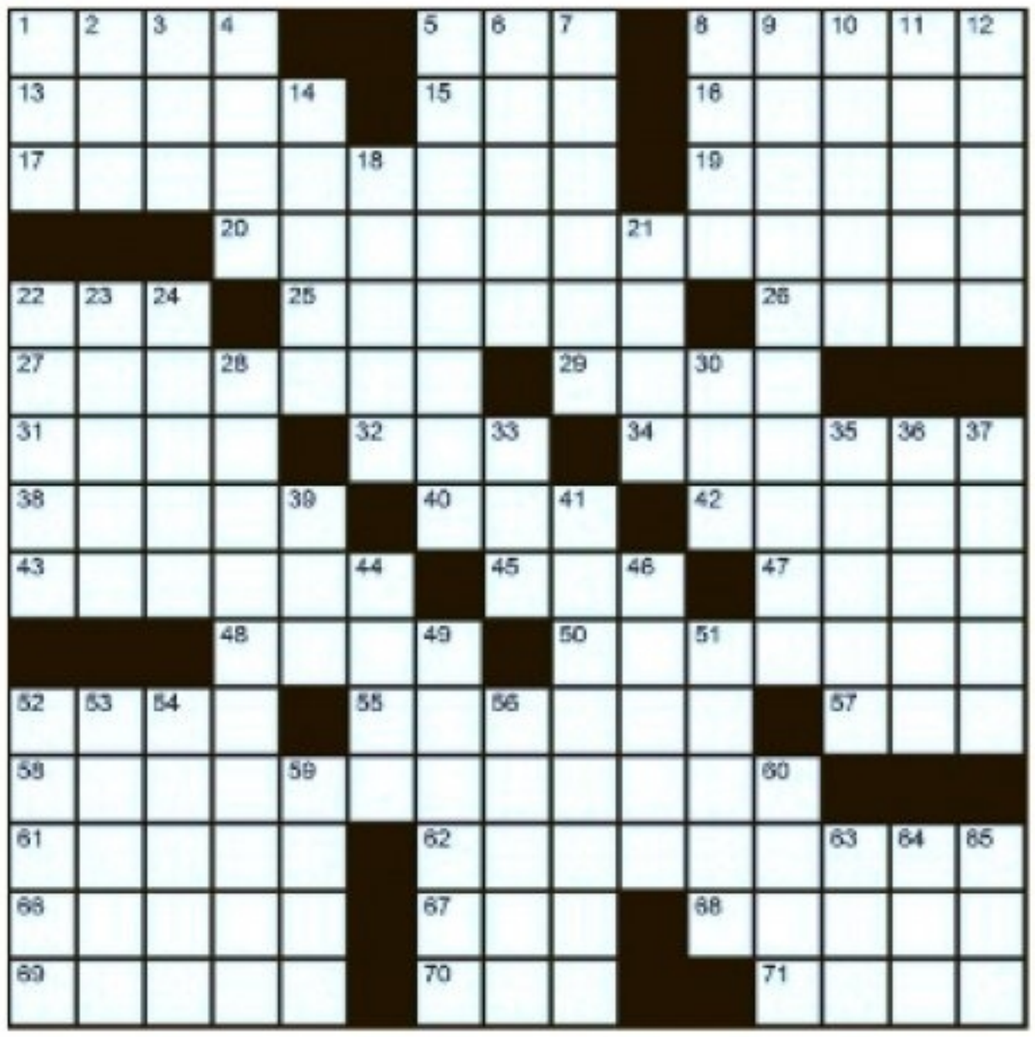
CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



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8. Ms. Bombeck's
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17. Lululemon selections: 2 wds.
19. House of Henry VIII
20. Hotel casino in Las Vegas: 2 wds.
22. Word variety, briefly
25.British soap opera, to fans
26. "__ Rebel" by The Crystals
27. Disney 'work' song
29. Have __ '__' (Know 'somebody')
31. Earth goddess in Das Rheingold
32. Vienna is its cap.
34. Tip-offs
38. New World citizens, e.g.
40. Canuck band, __ 41
42. Contempt
43. "Zip-a-Dee-__-__"
45. __-Oil (Skin-care brand)
47. Bout ender, commonly
48. Old Testament bk.
50. "I Don't Feel Like Dancin'": __ Sisters hit
52. For instance, __ example
55. Wretched
57. Demolition blaster
58. Quebec headquarters of hardware chain Rona
61. Prefix to 'plasty' (Blood vessel procedure)
62. Band member's post-breakup venture: 2 wds.
66. Urals uh-uhs
67. __ out (Just manage)
68. Dainty denial
69. Screen legend Mr. Cooper's
70. Mr. Cruz
71. Gladiator's 1104

DOWN
1. Thwarter's vote
2. Martian's mini maneuveree
3. Aircraft in "Top Gun" (1986)
4. Talk big
5. Fantastic
6. Participate
7. __ and Herzegovina
8. Shakespeare: "__ __, Brute?"
9. Calgary __ (National Lacrosse League team)
10. Moose's girlfriend in Archie Comics
11. A Lesson from __ (Athol Fugard play)
12. Bed company
14. Era
18. 1973: "Elvis: __ from Hawaii"
21. "99 Luftballons" band
22. Out front
23. Skin doctor, fun-style
24. 'V' in VCR
28. Winnipeg neighbourhood; or, nickname of St. Catharines, Ontario: 2 wds.
30. French pronoun
33. Li'l long sandwich
35. Oven-made meal
36. See if the shirt is the right size: 2 wds.
37. Huff
39. Jazz instrument, commonly
41. Placed the 'Z' papers in the 'Y' folder
44. __ Sound (Fjordy locale on BC's coast northwest of Vancouver)
46. Eye-related prefix
49. Cape __, Nunavut
51. __ __ ease (Jittery)
52. Go out with __ (Depart with flair)
53. 1869: Character in War and Peace by Leo Tolstoy, __ Rostova
54. Boring tool
56. Conjure up
59. Brother on "Bonanza"
60. __ round (Tournament part)
63. Graduate's degree, e.g.
64. Single
65. Network in Dire Straits' "Money for Nothing"

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Tread carefully today, because people are quarrelsome. Don't lose your temper or be self-indulgent with your emotions. Stay chill.

Taurus April 21 - May 21
Relations with a female friend or a member of a group are dicey today, because emotions are hot and unstable. Arguments will break out easily. Avoid important topics.

Gemini May 22 - June 21
Do not go toe to toe with an authority figure today, because you will regret it. Meanwhile, if someone overreacts with you, don't impulsively quit your day job. Be cool.

Cancer June 22 - July 23
Avoid controversial subjects like politics, religion and racial issues today, because people are quick to argue. You have to know when to hold and when to fold.

Leo July 24 - Aug. 23
Disputes about shared property, inheritances and financial issues are emotionally loaded today. Postpone these talks for another day.

Virgo Aug. 24 - Sept. 23
Be patient with partners and close friends, because arguments can break out easily today. That's because the Moon is at odds with fiery Mars, and everyone is looking for a fight.

Libra Sept. 24 - Oct. 23
Relations with co-workers will be challenged today. You will be best off by keeping your head down and your powder dry.

Scorpio Oct. 24 - Nov. 22
Parents need to be patient with their kids today, because everyone is prickly and inclined to argue. It's good to know that patience is the antidote to anger.

Sagittarius Nov. 23 - Dec. 21
The Moon is at odds with Mars in your sign today, which means family arguments could break out, especially with females. This won't happen if you keep your breezy sense of humour.

Capricorn Dec. 22 - Jan. 20
Don't be quick to argue with others today, especially siblings, relatives and neighbors. Arguments over sales agreements and negotiations might occur. Stay chill.

Aquarius Jan. 21 - Feb. 19
You might be distressed today about money or something you own, which could lead to an argument with someone. But will this solve anything? Try to relax.

Pisces
Feb. 20 - March 20
Today the Moon is in your sign at odds with Mars at the top of your chart, which is a sure indication of arguments with parents, bosses and VIPs.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

		3		1			4	
	2					3		9
1			2		7		8	
		5		8		4		
3			4		5			7
		9		7		1		
	8		9		3			1
4		6					5	
	1			6		2		

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FRIDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

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5	9	2	1	4	8	3	7	6
3	8	4	7	6	9	5	2	1
1	7	6	5	2	3	8	4	9
7	2	5	4	3	1	6	9	8
6	4	9	8	5	2	1	3	7
8	3	1	9	7	6	2	5	4
9	5	8	3	1	7	4	6	2
2	1	3	6	9	4	7	8	5
4	6	7	2	8	5	9	1	3

Canadian Cancer Society
Société canadienne du cancer

JOIN THE FIGHT

SUPPORT MANITOBANS LIVING WITH CANCER

BUY A PIN

The daffodil is the Canadian Cancer Society's symbol of hope and represents the fight against all cancers. April is daffodil month when Manitobans can unite by showing cancer they're not afraid to stand up and fight back. Wear your daffodil pin throughout April to show people who are living with cancer they are not alone and to honour loved ones lost to cancer.

Money raised from the sale of daffodil pins allows the Cancer Society to work for change in the health care system so it is more responsive to the needs of cancer patients. It also allows the Society to fund the support programs that help Manitoba families, and world-class research that saves lives. In the 1940's when we first started funding research, survival of cancer was about 25%. Today, survival is at 63%.

Please give generously when a volunteer canvasser knocks on your door.

cancer.ca

Ray, firefighter. Fighting to improve cancer prevention for people in high-risk jobs.

Birchwood FORD ON REGENT

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TECHNOLOGY MEETS COMMON SENSE.

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WE DON'T PLAY PRICING GAMES.

We do not artificially inflate our pre-owned prices in the hopes of winning a "negotiating" contest with our customers.

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